



ART

DIGITAL PHOTOGRAPHY – INTERMEDIATE LEVEL

(2hrs) 16yrs & up. Discover how to really 'see' your subject matter before clicking the button. All camera types ok. Topics will include composition, lighting, action, portraiture, landscapes, architecture, and still-life photography. Student must have some working knowledge of camera's manual settings. All camera types okay. Delve into a more artistic exploration of photography, with different, interesting projects and critiques each week. This class is repeatable.

Instructor: TBA

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|-------|--------|----|------|------------------|------------------|
| 80377 | 6:00pm | Th | HRZN | \$74(R)/\$111(N) | 12 wk starts 6/3 |
|-------|--------|----|------|------------------|------------------|

DRAW PAINT

(3hr) 15yrs & up. Beginning/Intermediate level classes in drawing and all media of painting - oils, acrylics and watercolor. Emphasis is on individual attention and projects. \$1 nonrefundable cash supply fee is due to instructor on first day of class. **Instructor: Chestney**

BEGINNING LEVEL

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|-------|---------|---|------|-------------------|-------------------|
| 80385 | 9:00 am | M | ELSO | \$127(R)/\$191(N) | 13 wk starts 5/31 |
| 80386 | 6:30 pm | M | ELSO | \$127(R)/\$191(N) | 13 wk starts 5/31 |
| 80387 | 9:30 am | W | ELSO | \$127(R)/\$191(N) | 13 wk starts 6/2 |
| 80388 | 1:00 pm | W | ELSO | \$127(R)/\$191(N) | 13 wk starts 6/2 |
| 80389 | 1:00 pm | F | ELSO | \$127(R)/\$191(N) | 13 wk starts 6/4 |

INTERMEDIATE- Must have previously completed one of the beginning Draw/Paint classes.

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|-------|---------|----|------|-------------------|------------------|
| 80390 | 9:30 am | Th | ELSO | \$127(R)/\$191(N) | 13 wk starts 6/3 |
| 80391 | 1:00 pm | Th | ELSO | \$127(R)/\$191(N) | 13 wk starts 6/3 |
| 80392 | 6:30 pm | Tu | ELSO | \$127(R)/\$191(N) | 13 wk starts 6/1 |

JEWELRY MAKING-BEGINNING/INT

(3hr) 15yr & up. This class is designed as an introduction to jewelry making as well as a class for those with experience. We will learn the basics of sawing, soldering, roller printing, casting and finishing technique and design. There will be demonstrations as well as individual attention given for projects. Some supplies required \$75-\$100 depending on projects that are selected.

Instructor: Berger-Taylor

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|-------|----------|----|------|-------------------|------------------|
| 80445 | 6:30 pm | W | ELDO | \$123(R)/\$185(N) | 14 wk starts 6/2 |
| 80446 | 10:00 am | Sa | ELDO | \$123(R)/\$185(N) | 14 wk starts 6/5 |

OIL AND ACRYLIC PAINTING

(3hr) Adult. For both beginners and more advanced students. Explore color, style and various techniques to help the student express his or her individual vision.

Instructor: Levine

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|-------|---------|---|------|-----------------|------------------|
| 80461 | 9:00 am | F | ELDO | \$48(R)/\$72(N) | 7 wk starts 6/4 |
| 80462 | 9:00 am | F | ELDO | \$42(R)/\$63(N) | 6 wk starts 7/30 |

POTTERY - BEGINNING

(3hr) 15yrs & up. Introduction to basic pottery techniques, including coil, pinch, slab, wheel, and glazing. Bring basic pottery tools (cutting wire, brushes, sponge, pin tool) and 25 lbs Cone 5 clay to first class. \$14.00 (exact change in cash) additional material fee due to instructor on the 1st day of class.

Instructor: Murphy

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|-------|---------|----|------|-------------------|------------------|
| 80478 | 9:00 am | Th | ELDO | \$147(R)/\$221(N) | 12 wk starts 6/3 |
|-------|---------|----|------|-------------------|------------------|

POTTERY - OPEN STUDIO

(3hr) 15yrs & up. Facility for working on your clay projects independently. Equipment available for use includes wheels, slab roller, extruder, and electric kiln firing to Cone 5. NO INSTRUCTION. \$14.00 (exact change in cash) additional material fee per registered class due to instructor on the 1st day of class.

Instructor: Murphy

| | | | | | |
|-------|----------|----|------|-------------------|------------------|
| 80479 | 9:00 am | Tu | ELDO | \$147(R)/\$221(N) | 12 wk starts 6/1 |
| 80480 | 12:30 pm | Tu | ELDO | \$147(R)/\$221(N) | 12 wk starts 6/1 |
| 80481 | 12:30 pm | Th | ELDO | \$147(R)/\$221(N) | 12 wk starts 6/3 |

WATERCOLOR PAINTING

(3hr) Adult. Transparent watercolor for the beginning as well as intermediate student will include basic techniques, color and composition using landscape, still life and portrait. Individual attention with emphasis on learning to see as the artist does. **Instructor: Levine**

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|-------|---------|----|------|-----------------|------------------|
| 80662 | 9:00 am | Tu | ELDO | \$48(R)/\$72(N) | 7 wk starts 6/1 |
| 80663 | 9:00 am | Tu | ELDO | \$42(R)/\$63(N) | 6 wk starts 7/27 |

**SPOTS FILL QUICKLY!
REGISTER EARLY!**

<http://recreation.scottsdaleaz.gov>

480-312-7957

ART AT THE SENIOR CENTERS

CERAMICS

(3hr) 15yrs & up. Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form. Beginning to advanced welcome. Supplies to bring to class: 25lbs Cone 5 clay, basic pottery tools, wood knife, pin tool, cutting wire, rib, sponge, brushes, apron and small bucket. \$15 nonrefundable cash glaze material fee due to instructor on the first day of class. **Instructor: Peterson**

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|-------|---------|----|------|------------------|-----------------|
| 80363 | 5:45 pm | M | GRSC | \$80(R)/\$120(N) | 5 wk starts 6/7 |
| 80365 | 9:30 am | Sa | GRSC | \$80(R)/\$120(N) | 5 wk starts 6/5 |

DIGITAL PHOTOGRAPHY- BEGINNING LEVEL

(2hr) 16yrs & up. Learn the basics of how to use a camera. Ascertain the various elements of design. Discover how to really 'see' your subject matter before clicking the button. All camera types ok. Topics will include composition, lighting, action, portraiture, landscapes, architecture, and still-life photography. All camera types okay. Delve into a more artistic exploration of photography, with different, interesting projects and critiques each week. This class is repeatable.

Instructor: Prezkop

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|-------|---------|----|------|------------------|------------------|
| 80376 | 6:00 pm | Tu | VLSC | \$79(R)/\$119(N) | 13 wk starts 6/1 |
|-------|---------|----|------|------------------|------------------|

DRAW/PAINT

(3hr) Adult. Beginning level classes in drawing and all media of painting - oils, acrylics and watercolor. Emphasis is on individual attention and projects. Bring supplies for the medium you would like to work with to the first class. Other supply suggestions will be made by instructor on first day of class.

Instructor: Consalvo

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|-------|---------|----|------|------------------|------------------|
| 80523 | 9:00 am | Th | VLSC | \$90(R)/\$135(N) | 10 wk starts 6/3 |
|-------|---------|----|------|------------------|------------------|

DRAWING I

(3hr) Adult. Focus on the basic fundamentals of drawing. This course covers various techniques and media. Emphasis is on composition, proportion, perspective and rendering techniques in pencil and charcoal media. Students learn to see as the artist sees-a unique visual capability. **Instructor: Consalvo**

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|-------|---------|----|------|------------------|------------------|
| 80525 | 1:00 pm | Tu | VLSC | \$90(R)/\$135(N) | 10 wk starts 6/1 |
|-------|---------|----|------|------------------|------------------|

DRAWING PORTRAITS

(3hr) Adult. This is a class that explores the human head as an art object. The student will practice drawing the head in various attitudes as well as study and draw the basic structure of the head, neck and shoulders. The majority of the work will be done from live models. Photos provided by the instructor will be used to study feature alignments. The prerequisite for this class is a basic drawing class. Model fee (non- refundable) included in price of class.

Instructor: Lundquist

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|-------|---------|---|------|-------------------|-----------------|
| 80529 | 1:30 pm | W | VLSC | \$180(R)/\$248(N) | 8 wk starts 6/2 |
|-------|---------|---|------|-------------------|-----------------|



JEWELRY BEAD

(3hr) Adult. Learn how to making your own jewelry to sell or for gifts. Basic and advanced techniques in the art of construction, color systems and more, in easy step-by-step set of methods will be covered. Each week will be a different project with different challenges in order to increase your skills in this fun craft. You do not have to be artistic in order to take this class because I will guide you in your choices if needed. **Instructor: Taylor**

JEWELRY, BEADING & MORE

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|-------|---------|---|------|-------------------|------------------|
| 80538 | 1:30 pm | W | VLSC | \$101(R)/\$152(N) | 10 wk starts 6/2 |
|-------|---------|---|------|-------------------|------------------|

SEED BEADS, CRYSTALS & MORE

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|-------|---------|----|------|-------------------|------------------|
| 80539 | 9:30 am | Sa | VLSC | \$101(R)/\$152(N) | 10 wk starts 6/5 |
|-------|---------|----|------|-------------------|------------------|

LIFE DRAWING

(3hr) Adult. Recommended for students with a minimum of Drawing I experience. This course is designed to give the student a fundamental understanding of the principals of figure drawing. Model fee (non- refundable) included in price of class.

Instructor: Lundquist

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|-------|---------|---|------|-------------------|-----------------|
| 80540 | 9:00 am | W | VLSC | \$180(R)/\$248(N) | 8 wk starts 6/2 |
|-------|---------|---|------|-------------------|-----------------|

OIL AND ACRYLIC

(3hr) Adult. New and continuing students will focus on developing basic skills, exploring color, style and various techniques in a relaxed environment. Learn techniques using acrylic or oil paints. Learn to develop a portrait, landscape, floral, abstract or non-representational forms.

Instructor: Consalvo

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|-------|---------|---|------|------------------|------------------|
| 80548 | 1:00 pm | F | VLSC | \$90(R)/\$135(N) | 10 wk starts 6/4 |
|-------|---------|---|------|------------------|------------------|

Instructor: Taylor

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|-------|---------|---|------|------------------|------------------|
| 80552 | 9:00 am | M | VLSC | \$90(R)/\$135(N) | 10 wk starts 6/7 |
|-------|---------|---|------|------------------|------------------|



OIL PAINTING, INT

(3hr) Adult. For students with experience in Oil painting. This class will focus on the joy and challenge of the painting process. The emphasis will be on drawing perspective, color and attitude. **Instructor: Consalvo**

80554 9:00 am Sa VLSC \$90(R)/\$135(N) 10 wk starts 6/5

WATERCOLOR WORKSHOPS

(3hr) Adult. Watercolor workshops. **Instructor: Artac**

WATER IN WATERCOLOR- This one day workshop will immerse the artist in the beauty and wonder of painting water. From rushing water to still pools, we will explore the effects of water and its qualities. Please bring your own painting supplies.

82349 1:00 pm W GRSC \$19(R)/\$29(N) workshop on 7/14

WATERCOLOR PAINTING – Zen Simple! A one day workshop to learn how to apply Oriental brush painting techniques to their learning of watercolor painting. An extra benefit will be relaxation and simplicity! Please bring your own painting supplies.

82350 1:00 pm W GRSC \$19(R)/\$29(N) workshop on 6/9

WATERCOLOR – Lost Found, Positive, Negative: In this one day workshop for continuing and advanced watercolor artists, we will learn how to incorporate the "power of suggestion," closure and imagination into our paintings. Please bring your own painting supplies.

82351 1:00 pm W GRSC \$19(R)/\$29(N) workshop on 8/11

WATERCOLOR, INTERMEDIATE

(3hr) Adult. This class is designed for intermediate and advanced students for using watercolor to its fullest with its multiple techniques. Demonstrations will be given from time to time. You can select your own subject to paint and receive expert advice when needed on any problem that you may have. You can paint landscapes, still life subject, portraits, animals and more. If you are looking to sharpen or expand your techniques, paint with other artist, receive critiques when needed and to have a finished painting that you are proud of then this is the class for you. You do need to know basic drawing techniques in order to benefit the most in painting a great watercolor. Supply list is part of confirmation.

Instructor: Taylor

80590 1:00 pm Sa VLSC \$90(R)/\$135(N) 10 wk starts 6/5

WATERCOLOR, ADVANCED

(3hr) Adult. This class is designed for intermediate and advanced watercolorists to expand your knowledge of painting principals by introducing you to new ideas which will serve to broaden your creative range. Content will include all the usual elements of wash techniques but will also include ways of saving seemingly hopeless paintings, methods of applying and removing paint, alternative painting surfaces and making the brush perform. Subject matter is the choice of the student and can be still life, photos or nonrepresentational. The prerequisite for this class is a basic drawing class. Critiques of individual paintings will also be done each day. Supply list is part of confirmation. **Instructor: Lundquist**

80588 9:00 am F VLSC \$123(R)/\$185(N) 8 wk starts 6/4

BUSINESS

NEW AZ RESIDENTS- TAX AND TRUST LAWS

(1.5hr) Adult. If you are a new Arizona resident or have not updated your estate plan since you became an Arizona resident, you need to attend this class to learn the impact of many unique Arizona tax matters and local laws which impact you and your family. Understand the concept of community property, living wills, power of attorney, local estate taxes, and community property with right of survivorship and Arizona income tax laws. Learn the impact on your existing estate plan if you make no changes because of Arizona's unique property laws.

Instructor: Bredemann

80460 6:15 pm W MUST \$11(R)/\$17(N) 2 wk starts 7/14

TRUSTS, WILLS AND ESTATE TAXES

(1.5 hr) Adult. Unravel the mystery surrounding trusts, wills and other estate planning instruments. Find out why estate taxes are voluntary. Learn how to hold title to assets and use community property to save thousands of dollars in income taxes. Discover what only an Attorney and CPA with 30 years of experience in estate planning can tell you about the common mistakes to avoid. Free Living Will Form will be provided. **Instructor: Bredemann**

80651 6:30 pm Tu HRZN \$11(R)/\$17(N) 2 wk starts 7/13



Become a fan of Scottsdale Parks & Recreation on FACEBOOK!

COMMUNICATION/LANGUAGE

GERMAN I

(1.5hr) 15yrs & up. 'Guten Tag! Wie geht's?' 'Danke, gut. Und Ihnen?' If you understand this dialog, then this is your class. This class is not for the beginner, but someone who has taken 'German - The Basics,' or has had German in a formal or an informal setting. We will continue to deepen our understanding of the language, expanding vocabulary and conversation. Less emphasis is based on grammar. Interaction and active participation are the keystones of this class.

Instructor: Eggink

80399 8:15 am Tu MTNV \$58(R)/\$87(N) 7 wk starts 6/1

COMMUNICATION/LANGUAGE AT THE SENIOR CENTERS

FRENCH, INTERMEDIATE

(2.5hr) Adult. Conversation and reading practices with easy pronunciation exercises. Sentence structure in the past, present and future tenses. Introduction of the reflexive verbs and command forms. Introduction to French Literature. Text book to be purchased: French Made Simple, by Haze, 2006 edition, \$13.

Instructor: Gabor

80532 3:00 pm M VLSC \$93(R)/\$140(N) 10 wk starts 6/7

SPANISH I, CONVERSATIONAL

(1.5hr) Adult. Conversational Spanish - A stress-free class for beginners or near-beginners that focuses on speaking and listening development. Basic grammar and vocabulary will be introduced.

Instructor: Brashears

80579 4:30 pm Th GRSC \$113(R)/\$170(N) 10 wk starts 6/3

SPANISH II, CONVERSATIONAL

(1.5hr) Adult. This is a continuation of Spanish I. We will focus on conversation. This is a fun, stress-free approach to learning how to converse with spanish speakers.

Instructor: Bracheers

81964 6:30 pm Th GRSC \$113(R)/\$170(N) 10 wk starts 6/3

SPANISH - LEVEL 1

(2hr) 15yrs & up. Introductory level designed for those who have never studied Spanish or for those who need a refresher starting at the entry level. Emphasis is placed on learning basic vocabulary and present tense conjugation. An ADDITIONAL fee for course text is required information provided on your confirmation receipt.

Instructor: Mancini

80622 5:00 pm Th VLSC \$123(R)/\$185(N) 12 wk starts 6/3



SPANISH - LEVEL 2

(2hr) 15yrs & up. This course is a continuation of Spanish Level One. This is an interactive course where students use skills learned in Level One and apply them to conversational exercises. New vocabulary terms and verb tenses (preterit, future, etc.) will be covered. Students will be more independent while producing mini-dialogues and conversations. Class presentations will help improve speaking and listening skills. An ADDITIONAL fee for course text is required - information provided on your confirmation receipt.

Instructor: Mancini

80624 7:00 pm Th VLSC \$123(R)/\$185(N) 12 wk starts 6/3

COMPUTERS AT THE SENIOR CENTERS

BEGINNING COMPUTERS

(1.5hr) Adult. This class is for people with little to no computer experience. Word processing, e-mail accounts, search engines, and more will be discussed. Please bring a 3-ring binder, pen or pencil, & paper to the first class meeting.

Instructor: Curia

80497 10:30 am Th GRSC \$48(R)/\$72(N) 10 wk starts 6/3

INTRO TO THE INTERNET

(1.5hr) Adult. Use a web browser, along with its tools, to navigate the internet. Use search engines to help you research various topics, find travel/airline sites, and find the best shopping deals. Create an e-mail account and send, reply to, and forward messages. Prerequisite is Beginning Computers or comparable experience.

Instructor: Holman

80535 1:00 pm Tu GRSC \$38(R)/\$57(N) 4 wk starts 7/6

WORD PROCESSING

(1.5hr) Adult. Beginning Windows is a prerequisite. Introduction to word processing concepts and techniques. Learn to create, save, open, edit, format and print.

Instructor: Holman

82103 3:00 pm Tu GRSC \$38(R)/\$57(N) 4 wk starts 7/6

**DON'T LET YOUR FAVORITE
CLASS GET CANCELLED!**

Register Early!





★ Classes that promote a healthy lifestyle

DANCE ★

BALLET TEEN/ADULT (50min) 13yrs & up. **Instructor: Lawton**

BEGINNING - This class is designed for the beginning student or those with less than 2 years of Ballet class training. This casual and fun class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations.

80355 5:05 pm M HRZN \$52(R)/\$78(N) 13 wk starts 6/7

INTERMEDIATE - Review your past training at the barre, center floor and dance combinations across the floor. Weekly combinations taught for the workout and ballerina in us all. Previous Ballet training recommended to fully enjoy this class.

80346 6:05 pm M HRZN \$52(R)/\$78(N) 13 wk starts 6/7

BELLY DANCE & TONE

(1hr) 16yrs & up. Sculpt and tone your body with this fun and challenging dance workout! Included will be exercises to strengthen and firm. Open to all levels.

Instructor: Haag

SESSION I

| | | | | | |
|-------|---------|----|------|-----------------|-----------------|
| 80360 | 9:30 am | M | MMRA | \$32(R)/\$48(N) | 6 wk starts 6/7 |
| 80362 | 5:45 pm | M | MMRA | \$32(R)/\$48(N) | 6 wk starts 6/7 |
| 80357 | 7:00 pm | M | MMRA | \$32(R)/\$48(N) | 6 wk starts 6/7 |
| 80358 | 7:00 pm | Tu | MMRA | \$32(R)/\$48(N) | 6 wk starts 6/8 |
| 80361 | 9:00 am | W | MMRA | \$32(R)/\$48(N) | 6 wk starts 6/9 |
| 80359 | 7:00 pm | W | HRZN | \$32(R)/\$48(N) | 6 wk starts 6/9 |

BELLY DANCE & TONE

SESSION II

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|-------|---------|----|------|-----------------|------------------|
| 82070 | 7:00 pm | M | MMRA | \$32(R)/\$48(N) | 6 wk starts 7/26 |
| 82071 | 9:30 am | M | MMRA | \$32(R)/\$48(N) | 6 wk starts 7/26 |
| 82072 | 5:45 pm | M | MMRA | \$32(R)/\$48(N) | 6 wk starts 7/26 |
| 82074 | 7:00 pm | Tu | MMRA | \$32(R)/\$48(N) | 6 wk starts 7/27 |
| 82075 | 9:00 am | W | MMRA | \$32(R)/\$48(N) | 6 wk starts 7/28 |
| 82076 | 7:00 pm | W | HRZN | \$32(R)/\$48(N) | 6 wk starts 7/28 |

BROADWAY JAZZ – BEGINNING/INTERMEDIATE

(50min) 13yrs & up. It's showtime - Jazz dance Broadway stage style. Floor, barre exercises, turns, with jazz combinations across the floor will keep you moving. Dance routines taught and reviewed. **Instructor: Lawton**

80444 7:05 pm M HRZN \$52(R)/\$78(N) 13 wk starts 6/7

POLYNESIAN DANCE

(50min) 13yrs & up. Hula, Tahitian and Maori - learn Modern and Traditional dances using the movements of the hands, hips and feet to create dances and interpretations of island music and song. Come join the Aloha Spirit and enjoy great fun and exercise! **Instructor: Lawton**

BEGINNING/INTERMEDIATE

80476 4:05 pm M HRZN \$52(R)/\$78(N) 13 wk starts 6/7

INTERMEDIATE/ADVANCED- All dance reviewed from past sessions. Previous dance experience needed to fully enjoy this class.

80477 7:00 pm Th RIMO \$52(R)/\$78(N) 13 wk starts 6/3

SALSA

(1hr) 15yrs & up. Muy caliente! Learn to dance salsa-the hot, sultry latin dance that is known across the world! You've seen it on TV, now it's your turn. No experience necessary. Salsa is a partner dance but no partner is required because we will rotate during the class. Also included is a brief introduction to meringue and bachata. Please wear dance shoes or shoes with a heel strap. See you on the dance floor! **Instructor: Pelts**

80482 6:30 pm M CACT \$48(R)/\$72(N) 10 wk starts 6/7

TAP – BEGINNING/INTERMEDIATE

(50min) 13yrs & up. Learn technique and terminology with all the basics and get those feet tappin' with rhythm and coordination. All students will advance at their own pace. Take it fast or slow and have fun. **Instructor: Lawton**

80637 6:00 pm Th RIMO \$52(R)/\$78(N) 13 wk starts 6/3



DANCE AT THE SENIOR CENTERS ★

BALLET, BEGINNING

(50min) Adult. This casual and fun beginning class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations. All levels welcome!

Instructor: Lawton

80494 10:30 am Th VLSC \$41(R)/\$62(N) 10 wk starts 6/3

BALLROOM DANCE

(1hr) Adult. Dances may include: Foxtrot, Waltz, Cha-Cha, Tango, Rumba, Swing and much more. No partner needed.

Instructor: Kuhn

BEGINNING - An introduction to night club dancing for newcomers. Learn the dances you need to feel comfortable in any social situation.

80495 6:00 pm Tu VLSC \$28(R)/\$42(N) 5 wk starts 6/1

INTERMEDIATE - Ballroom and social dances for the student who has had at least two to three sessions of Beginning Level Ballroom dance and who have learned three to four patterns in each dance. Other dances will be covered.

80496 6:00 pm Tu VLSC \$28(R)/\$42(N) 5 wk starts 7/13

BELLY DANCE & TONE

(1hr) 16yrs & up. Sculpt and tone your body with this fun and challenging dance workout! Included will be exercises to strengthen and firm. Open to all levels.

Instructor: Haag

81965 9:00 am Sa GRSC \$32(R)/\$48(N) 6 wk starts 6/5

82073 9:00 am Sa GRSC \$32(R)/\$48(N) 6 wk starts 7/24

BROADWAY JAZZ DANCE BEGINNING

(50min) Adult. It's showtime! Exercise, learn jazz techniques and dance combinations to Broadway Show Tunes. This musical theatre dance class will teach dances and staged choreography for those wanting to become 'Broadway babies'. All levels welcome. **Instructor: Lawton**

80512 11:00 am Tu GRSC \$41(R)/\$62(N) 10 wk starts 6/1

80513 9:30 am Th VLSC \$41(R)/\$62(N) 10 wk starts 6/3

LINE DANCE

(1hr) Adult. Come dance with us! Variety of music including Big Band; 50s and 60s; country; show tunes and much more. Join us for fun and exercise for the mind and the body. No partner needed!

Instructor: Schwarz

LEVEL I - No experience necessary.

80542 9:00 am Tu VLSC \$41(R)/\$62(N) 10 wk starts 6/1

LEVEL II - Some dance experience helpful to enjoy this class.

80544 9:00 am W VLSC \$41(R)/\$62(N) 10 wk starts 6/2

POLYNESIAN DANCE

(50min) Adult. Learn the steps and the movement of the hands and hips. Hula, Tahitian and Maori steps will be included. This terrific class is a great way to have fun and exercise at the same time. All levels welcome.

Instructor: Lawton

80569 12:00 pm Tu GRSC \$41(R)/\$62(N) 10 wk starts 6/1

80570 11:30 am Th VLSC \$41(R)/\$62(N) 10 wk starts 6/3

SENIOR TAP

(1hr) Adult. Improve your memory, have fun and learn the basics of different dance routines. **Instructor: Campi**

BEGINNING

80577 4:00 pm Th GRSC \$40(R)/\$60(N) 9 wk starts 6/3

INTERMEDIATE - Course is designed for intermediate level students or those who have taken a beginning course.



80576 5:00 pm Th GRSC \$40(R)/\$60(N) 9 wk starts 6/3

SWING DANCE, BEGINNING EAST COAST SWING

(1hr) 15yrs & up. The East Coast Swing is the dance you can use on any dance floor at any occasion! This is one of the most exciting and versatile dances around. In this class you will learn how to take the simple swing steps and turn them into exhilarating moves that will turn heads on every dance floor! Whether the dance music is from Lady Ga Ga, or Frank Sinatra, East Coast Swing is the way to go for partner dancing! East Coast Swing is a partner dance, but no partner is required because we will rotate during the class. **Instructor: Hubbard**

82025 7:30 pm W GRSC \$32(R)/\$48(N) 6 wk starts 8/4



 *Classes that promote a healthy lifestyle*
 *Classes that have a senior citizen focus*

FITNESS

B. L. T. BUTT, LEGS & TUMMY

(1hr) 15yrs & up. B.L.T. is an incredible way to shape up and get limber with moves that are simple, fun and easy on the joints. This class will condition your abdominals and back, sculpt your legs and shape your butt. Enjoy a relaxing full body stretch that includes yoga poses adapted for the ball.

Instructor: Romero

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|-------|---------|----|------|------------------|------------------|
| 80345 | 6:00 pm | Th | CACT | \$69(R)/\$104(N) | 15 wk starts 6/3 |
| 82082 | 9:00 am | W | CACT | \$69(R)/\$104(N) | 15 wk starts 6/2 |

BOOT CAMP IN THE PARK

(1hr) 15yrs & up. Get ready for the ultimate total body work out! This intense outdoor workout designed to push you outside your comfort zone. Challenge yourself to work hard and get fit in the perfect outdoor setting. This class will incorporate cardiovascular training, strength and muscle toning and conditioning, plyometric and more! Class is designed for both men and woman of all fitness levels.

Instructor: Cantrel

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|-------|--------|-------|------|-----------------|-----------------|
| 82210 | 6:00am | M,W,F | MTNV | \$48(R)/\$72(N) | 4 wk starts 6/2 |
|-------|--------|-------|------|-----------------|-----------------|

Instructor: Bowen

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|-------|--------|----|------|-----------------|-------------------|
| 82428 | 8:00am | Sa | CACT | \$40(R)/\$60(N) | 12 wk starts 6/12 |
|-------|--------|----|------|-----------------|-------------------|

FIT & FABULOUS

(1hr) 15yrs & up. This low impact cardio class will give you a Jump start to your day! We'll do a warm up, low impact cardio, muscle conditioning, using weights and a cool down stretch.

Instructor: Romero

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|-------|---------|----|------|------------------|------------------|
| 80395 | 8:00 am | M | CACT | \$65(R)/\$98(N) | 14 wk starts 6/7 |
| 80396 | 8:00 am | Th | CACT | \$69(R)/\$104(N) | 15 wk starts 6/3 |

FIT, FIRM & FUN

(1hr) Adult. Do something good for yourself! Perk up your morning with a fitness class. We'll do a warm-up, low-impact cardio, muscle conditioning using small weights and bands, a cool-down and stretching for flexibility.

Instructor: Bernstein

| | | | | | |
|-------|--------|-------|------|------------------|------------------|
| 80397 | 7:00am | M W F | ELDO | \$96(R)/\$144(N) | 12 wk starts 6/2 |
|-------|--------|-------|------|------------------|------------------|

KICKBOXING BOOT CAMP

(1hr) 15yrs & up. You will kick, punch and sweat your way to a higher fitness level. This athletic training based fitness class is an exciting complete body workout designed for all levels of participation. It is an aerobic/fitness interval training workout, which will tone and sculpt your body. Lets go!

Instructor: TBA

| | | | | | |
|-------|---------|----|------|-----------------|------------------|
| 80450 | 6:45 pm | Tu | MMRA | \$40(R)/\$60(N) | 6 wk starts 6/8 |
| 80453 | 6:45 pm | Tu | MMRA | \$40(R)/\$60(N) | 6 wk starts 7/27 |

LOW IMPACT STEP AEROBICS

(1hr) 15yrs & up. This class offers an alternate aerobic workout by using a series of basic step combinations with the step platforms to add a variety to the cardiovascular workout. Muscle conditioning and a relaxing stretch are included in this hour. **Instructor: Romero**

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|-------|---------|---|------|-----------------|------------------|
| 80457 | 9:00 am | M | CACT | \$65(R)/\$98(N) | 14 wk starts 6/7 |
|-------|---------|---|------|-----------------|------------------|

MAX TONE AND FITNESS

(1hr) 15yrs & up. This is a non-stop workout class for the person looking for a 'killer' toning class. Sign up today and TONE up! **Instructor: Alfraid**

| | | | | | |
|-------|---------|---|------|-----------------|------------------|
| 80458 | 5:45 pm | W | CACT | \$55(R)/\$83(N) | 14 wk starts 6/2 |
|-------|---------|---|------|-----------------|------------------|

STEP & STRENGTHEN

(1hr) 15yrs & up. This is a class designed for fun and fitness for all ages. This aerobic step class is working with the basics at first for those new to step interspersed with strength work for the legs, upper body and core.

Instructor: Alfraid

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|-------|---------|----|------|-----------------|------------------|
| 80625 | 9:15 am | Sa | HRZN | \$55(R)/\$83(N) | 14 wk starts 6/5 |
|-------|---------|----|------|-----------------|------------------|

STEP AEROBICS

(1hr) 15yrs & up. This class provides the ideal workout for those students who want to challenge themselves. Each class consists of a warm up, step aerobics and some light weight training. **Instructor: Martin**

| | | | | | |
|-------|---------|--------|------|------------------|-------------------|
| 80626 | 6:00 pm | Tu, Th | HRZN | \$98(R)/\$147(N) | 15 wk starts 5/25 |
|-------|---------|--------|------|------------------|-------------------|

STEP CIRCUIT

(1hr) 15yrs & up. This aerobics class combines the basics step class interspersed with strength and core work. **Instructor: Romero**

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|-------|---------|----|------|------------------|------------------|
| 80627 | 9:00 am | Th | CACT | \$69(R)/\$104(N) | 15 wk starts 6/3 |
|-------|---------|----|------|------------------|------------------|

SUPER CIRCUIT

(1hr) 15yrs & up. This is a fun way to get both a cardio and strength conditioning workout into your day. Alternate aerobic and strength stations to music in order to help improve your heart and lungs, power strength, balance and coordination.

Instructor: Alfraid

| | | | | | |
|-------|----------|----|------|-----------------|------------------|
| 80630 | 10:30 am | Sa | HRZN | \$55(R)/\$83(N) | 14 wk starts 6/5 |
|-------|----------|----|------|-----------------|------------------|

TOTAL BODY BOOT CAMP

(1hr) 15yrs & up. This ultimate body work out is designed to push you outside your comfort zone. Tone muscles, sculpt your body into a new you. Workouts will consist of interval-based fitness including cardiovascular training, muscle conditioning, plyometric training as well as yoga and pilates.

Instructor: Cantrel

| | | | | | |
|-------|---------|----|------|-----------------|------------------|
| 82218 | 5:30 pm | Tu | ELDO | \$35(R)/\$53(N) | 8 wk starts 7/6 |
| 82788 | 5:30 pm | Th | MMRA | \$33(R)/\$50(N) | 6 wk starts 6/10 |
| 82789 | 5:30 pm | Th | MMRA | \$33(R)/\$50(N) | 6 wk starts 7/29 |

TOTALLY TONING

(1hr) 15yrs & up. This class that uses weights, bands, body bars and gravity to strengthen and tone all major muscle groups. **Instructor: Romero**

| | | | | | |
|-------|---------|----|------|------------------|------------------|
| 80650 | 9:00 am | Tu | CACT | \$69(R)/\$104(N) | 15 wk starts 6/1 |
|-------|---------|----|------|------------------|------------------|

ULTIMATE CIRCUIT TRAINING

(1hr) 15yrs & up. Discover how easy it is to exercise when you can alternate between serious weight training and energetic cardio-step. This fun-to-follow circuit format helps you slim down, firm up and get limber faster than you could ever imagine. **Instructor: Romero**

| | | | | | |
|-------|---------|----|------|------------------|------------------|
| 80661 | 6:00 pm | Tu | CACT | \$69(R)/\$104(N) | 15 wk starts 6/1 |
|-------|---------|----|------|------------------|------------------|

ZUMBA!

(1hr) 15yrs & up. ZUMBA is a fusion of Latin and International music & dance themes to create a dynamic, exciting and effective fitness system! The routines feature salsa, meringue, cumbia, samba and many more steps presented as aerobic/fitness interval training combining fast and slow rhythms to tone and sculpt the body. It is this mixture of body sculpting movements in easy to follow dance steps and the principals of fitness interval and resistance training that allow Zumba participants to maximize their caloric and fat burning output for total body toning.

Instructor: Slaven

| | | | | | |
|-------|---------|---|------|------------------|------------------|
| 80681 | 5:30 pm | W | MMRA | \$79(R)/\$119(N) | 7 wk starts 6/9 |
| 80682 | 5:30 pm | W | MMRA | \$79(R)/\$119(N) | 7 wk starts 7/28 |

FITNESS AT THE SENIOR CENTERS ★

AEROBICS

(1hr) Adult. This class will provide warm-up, stretch, hi/low impact cardiovascular activity, muscle toning and stretching exercises are all included. Modifications and encouragement to work at your own level. Hand weights must be provided by students.

Instructor: Alfrad

| | | | | | |
|-------|--------|-------|------|------------------|------------------|
| 80491 | 9:00am | M W F | GRSC | \$93(R)/\$140(N) | 10 wk starts 6/2 |
| 80488 | 7:45am | Sa | VLSC | \$36(R)/\$54(N) | 10 wk starts 6/5 |

Instructor: Robertson

| | | | | | |
|-------|--------|-------|------|------------------|------------------|
| 80489 | 7:45am | M W F | VLSC | \$90(R)/\$135(N) | 10 wk starts 6/2 |
|-------|--------|-------|------|------------------|------------------|

★ *Classes that promote a healthy lifestyle*

🕒 *Classes that have a senior citizen focus*



BODY TONING

(1hr) Adult. Exercise class concentrating on enhancing body tone, strengthening and stretching. This will include an educational aspect on fitness and wellness, to incorporate fitness into every day life. Hand weights must be provided by students. **Instructor: Alfrad**

| | | | | | |
|-------|---------|--------|------|------------------|------------------|
| 80501 | 7:45 am | Tu, Th | VLSC | \$69(R)/\$104(N) | 10 wk starts 6/1 |
|-------|---------|--------|------|------------------|------------------|

CHAIR AEROBICS 🕒

(1hr) Adult. This class will perform exercises while sitting in a chair or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional aerobic exercises.

Instructor: Madden

| | | | | | |
|-------|---------|----|------|-----------------|-----------------|
| 80514 | 9:00 am | Th | VLSC | \$38(R)/\$57(N) | 8 wk starts 6/3 |
|-------|---------|----|------|-----------------|-----------------|

PERSONAL FITNESS 🕒

(1hr) Adult. Certified Personal Trainer keeps the class laughing. This fun course includes stretching, exercising with body weight, and keeping a health log.

Instructor: Bockal

| | | | | | |
|-------|----------|------|------|-------------------|------------------|
| 80560 | 10:30 am | M, F | GRSC | \$110(R)/\$165(N) | 10 wk starts 6/4 |
|-------|----------|------|------|-------------------|------------------|



SENIOR STRENGTH

(1hr) Adult. Resistance and strength training can enable senior citizens to regain muscle mass and strength at any age. Focus will be geared to those issues related to senior citizens. This class will utilize basic exercises on machines and with free weights. No drop in.

Instructor: Kopp

| | | | | | |
|-------|---------|--------|------|------------------|------------------|
| 80571 | 11:00am | M, W | VLSC | \$99(R)/\$149(N) | 10 wk starts 7/7 |
| 80572 | 11:00am | Tu, Th | VLSC | \$99(R)/\$149(N) | 10 wk starts 6/1 |
| 80573 | 2:30pm | Tu, Th | GRSC | \$99(R)/\$149(N) | 10 wk starts 6/1 |

Instructor: Bockal

| | | | | | |
|-------|--------|------|------|-------------------|------------------|
| 80575 | 2:30pm | M, W | GRSC | \$110(R)/\$165(N) | 10 wk starts 6/2 |
|-------|--------|------|------|-------------------|------------------|

ZUMBA!

(1hr) 15yrs & up. This is an ACTIVE class. ZUMBA is a fusion of Latin and International music & dance themes to create a dynamic, exciting and effective fitness system! The routines feature salsa, meringue, cumbia, samba and many more steps presented as aerobic/fitness interval training combining fast and slow rhythms to tone and sculpt the body. It is this mixture of body sculpting movements in easy to follow dance steps and the principals of fitness interval and resistance training that allow Zumba participants to maximize their caloric and fat burning output for total body toning.

Instructor: Slaven

| | | | | | |
|-------|---------|----|------|------------------|------------------|
| 80679 | 5:30 pm | Tu | GRSC | \$79(R)/\$119(N) | 7 wk starts 6/1 |
| 80680 | 5:30 pm | Tu | GRSC | \$79(R)/\$119(N) | 7 wk starts 7/27 |

Instructor: Johnson

| | | | | | |
|-------|---------|----|------|------------------|------------------|
| 80683 | 6:15 pm | Th | GRSC | \$79(R)/\$119(N) | 7 wk starts 6/3 |
| 80684 | 6:15 pm | Th | GRSC | \$69(R)/\$104(N) | 6 wk starts 7/29 |

HEALTH & RELAXATION

CONDITIONING COMBO

(1hr) 15yrs & up. This class will combine the practices of yoga, pilates, and stretching. It will help you release stress, increase flexibility, promote core strength and reduce stiffness throughout your entire body. All fitness levels are encouraged to participate. **Instructor: Cantrel**

| | | | | | |
|-------|---------|----|------|-----------------|------------------|
| 82790 | 6:45 pm | Th | MMRA | \$38(R)/\$57(N) | 6 wk starts 6/10 |
| 82791 | 6:45 pm | Th | MMRA | \$38(R)/\$57(N) | 6 wk starts 7/29 |

PILATES

(1hr) 15yrs & up. This beginning Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

Instructor: Nicholas

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|-------|----------|---|------|------------------|------------------|
| 80466 | 4:30 pm | W | MMRA | \$84(R)/\$126(N) | 14 wk starts 6/9 |
| 80467 | 11:00 am | W | MMRA | \$84(R)/\$126(N) | 14 wk starts 6/9 |

Instructor: Martin

| | | | | | |
|-------|---------|---|------|------------------|-------------------|
| 80468 | 5:55 pm | W | HRZN | \$69(R)/\$104(N) | 15 wk starts 5/26 |
|-------|---------|---|------|------------------|-------------------|

Instructor: Romero

| | | | | | |
|-------|----------|----|------|------------------|------------------|
| 80469 | 7:00 pm | Th | CACT | \$69(R)/\$104(N) | 15 wk starts 6/3 |
| 80470 | 7:00 pm | Tu | CACT | \$69(R)/\$104(N) | 15 wk starts 6/1 |
| 80471 | 10:00 am | M | CACT | \$65(R)/\$98(N) | 15 wk starts 6/7 |
| 80473 | 4:30 pm | M | CACT | \$65(R)/\$98(N) | 15 wk starts 6/7 |

Instructor: Alfraid

| | | | | | |
|-------|---------|---|------|-----------------|------------------|
| 80474 | 4:30 pm | W | CACT | \$65(R)/\$98(N) | 14 wk starts 6/2 |
| 80475 | 7:00 pm | W | CACT | \$65(R)/\$98(N) | 14 wk starts 6/2 |

TAI CHI CHUAN

(1.5hr) 15yrs & up. Tai Chi Chuan is a slow, graceful, rhythmic exercise that promotes good health and works on balance and concentration. *10:30 class is for advanced participants. **Instructor: Isaacson**

80631 9:00 am M ELDO \$38(R)/\$57(N) 10 wk starts 6/7

80633 8:45 am Sa PNCC \$38(R)/\$57(N) 10 wk starts 6/5

ADVANCED CLASS

80634 10:30 am Sa PNCC \$38(R)/\$57(N) 10 wk starts 6/5

YOGA - A HEALTHY WAY TO LIVE

(1.5hr) 15yrs & up. Hatha Yoga - Gentle movements for average flexibility to stretch, tone and strengthen the body for self healing. Students relax, release stress hidden from within and stimulate the entire body. A variety of breathing techniques and inspiring meditations are utilized. **Instructor: Francies**

80670 8:30 am Th STAD \$73(R)/\$110(N) 8 wk starts 6/10

YOGA - BEGINNING

15yrs & up. These classes help you find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. This time is used to find ways to relax, release stress and create a better awareness of the body. Beginning yoga is for those with little or no yoga experience or for those who want to continue studying the basics. All classes include breath work, relaxation and meditation.

Instructor: Sikes (1.5hr)

80672 6:00 pm M MTNV \$101(R)/\$152(N) 12 wk starts 6/7

80674 7:45 pm Th CHES \$117(R)/\$176(N) 14 wk starts 6/3

Instructor: Federico (1.5hr)

80673 6:00 pm M LMDP \$50(R)/\$75(N) 6 wk starts 6/7

Instructor: Deborah Marie (1.25hr)

80675 6:30 pm W MMRA \$55(R)/\$83(N) 6 wk starts 6/9

82419 6:30 pm W MMRA \$55(R)/\$83(N) 6 wk starts 7/21

YOGA - BEGINNING/INTERMEDIATE

15yrs & up. These classes help you find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. This time is used to find ways to relax, release stress and create a better awareness of the body. Intermediate classes are for those who feel ready to move on in their yoga practice. All classes include breath work, relaxation and meditation.

Instructor: Deborah Marie (1.25hr)

80676 12:00 pm W MMRA \$55(R)/\$83(N) 6 wk starts 6/2

80678 9:00 am Sa MMRA \$55(R)/\$83(N) 6 wk starts 7/17

Instructor: Sikes (1.5hr)

80677 6:00 pm Th CHES \$117(R)/\$176(N) 14 wk starts 6/3

YOGA WORKSHOP

(2.5hr) 15yrs & up. Come and join the benefits of Yoga as it moves from beginning to intermediate by incorporating the benefits of core strength or Pilates techniques. Enjoy participating in a sensory experience where our practice is broken up into three parts. Pranayama & gentle stretching moving into Asana. A core strength practice to ignite the fire within. A discussion about developing a home practice followed by a wonderful relaxing restorative Yoga practice balancing with the benefits of Aroma therapy. This wonderful workshop will lead into further exploration on Saturdays thru the summer.

Instructor: Deborah Marie

82352 9:00 am Sa MMRA \$23(R)/\$35(N) workshop on 7/10

★ *Classes that promote a healthy lifestyle*

🕒 *Classes that have a senior citizen focus*



HEALTH & RELAXATION AT SENIOR CENTERS ★

BODY AND MIND 🕒

(1hr) Adult. Course combines aerobics with yoga & Pilate's. Whip your heart, mind, and body into shape while having a great time. The aerobics portion of the class focuses on a cardiovascular workout. The 2nd half consists of yoga & Pilate's, developing strength, flexibility, body awareness, proper alignment and posture. **Instructor: Alfraid**

80500 11:00am F VLSC \$36(R)/\$54(N) 10 wk starts 6/4

CHAIR TAI CHI 🕒

(1hr) Adult. Participants are guided through the gentle flowing motions of total Tai Chi body movements. Emphasis is on gentle turning, bending and stretching. All exercises are performed while sitting in a chair. Especially effective for those with arthritis and balance problems. **Instructor: Crouch**

80515 9:00am Tu, Th GRSC \$62(R)/\$93(N) 8 wk starts 6/1

CHAIR YOGA

(1hr) Adult. Chair Yoga students will perform exercises while sitting in a chair, or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

Instructor: Yancy

80517 9:00 am M VLSC \$46(R)/\$69(N) 10 wk starts 6/7

MEDITATION

(1hr) Adult. Meditation calms the body and soothes the mind. It is also a great way to relieve stress and improve overall health and well-being. Come join us for this meditation and relaxation class. We will explore various forms of meditation and relaxation methods. Through regular practice, you will begin to experience renewed peace and inner calm in your daily life. **Instructor: Eisele**

80547 12:30 pm F VLSC \$48(R)/\$72(N) 9 wk starts 6/4

PILATES & STRETCH

(1hr) Adult. Course will focus on improving flexibility and strength for the total body. Practice a series of controlled movements engaging your body and mind. Pilates will leave you refreshed and alert, with a feeling of physical and mental well-being. **Instructor: Alfrid**

80566 11:00 am W GRSC \$55(R)/\$83(N) 10 wk starts 6/2

TAI CHI

Adult. Yang Style Long Form - A slow, graceful rhythmic exercise which promotes good health and works on balance and concentration. Wear loose, comfortable clothing.

BEGINNING LEVEL I -

Instructor: Isaacson

80587 9:00 am Th GRSC \$38(R)/\$57(N) (1.5hr) 10 wk starts 6/3

80632 5:30 pm W GRSC \$38(R)/\$57(N) (1.5hr) 10 wk starts 6/2

80584 11:00 am W VLSC \$35(R)/\$53(N) (1hr) 10 wk starts 6/2

Instructor: Navarro (1hr)

80583 10:00 am W VLSC \$35(R)/\$53(N) 10 wk starts 6/2

BEGINNING LEVEL II

Instructor: Navarro (1hr)

80585 9:00 am F VLSC \$35(R)/\$53(N) 10 wk starts 6/4

INTERMEDIATE - (1hr) requires proficiency in the end of the first set of long form Yan Style.

Instructor: Navarro

80586 11:00 am W VLSC \$35(R)/\$53(N) (1hr) 10 wk starts 6/2

ADVANCED - Class requires proficiency in all three sets of the long form Yang style Tai Chi.

Instructor: Isaacson

80582 10:00 am W VLSC \$35(R)/\$53(N) (1hr) 10 wk starts 6/2

80581 9:00 am F VLSC \$48(R)/\$72(N) (1.5hr) 10 wk starts 6/4

ADAPTED YOGA

(1hr) Adult. Learn Yoga in an adapted, accommodating environment. This highly specialized class has been adapted for those needing individual attention in a smaller class. **Instructor: Yancy**

80597 11:00 am F VLSC \$58(R)/\$87(N) 10 wk starts 6/4



YOGA BEGINNING

(1.5hr) Adult. Strengthen, tone and align your body, release tension, restore vitality and improve posture.

Instructor: Andrade

80595 11:30 am M GRSC \$53(R)/\$80(N) 10 wk starts 6/7

80596 5:30 pm M GRSC \$53(R)/\$80(N) 10 wk starts 6/7

82365 4:30 pm W GRSC \$53(R)/\$80(N) 10 wk starts 6/2

Instructor: Kayatt

80598 10:30 am M VLSC \$57(R)/\$86(N) 10 wk starts 6/7

Instructor: Hayden

80599 10:30 am Th VLSC \$60(R)/\$90(N) 5 wk starts 6/3

82261 10:30 am Th VLSC \$36(R)/\$54(N) 5 wk starts 8/5

YOGA INTERMEDIATE

(1.5hr) Adult. A more advanced level of Yoga. Completion of beginning Yoga is a prerequisite for this class.

Instructor: Kayatt

80606 9:00 am M VLSC \$57(R)/\$86(N) 10 wk starts 6/7

Instructor: Hayden

80607 9:00 am Th VLSC \$36(R)/\$54(N) 5 wk starts 6/3

82262 9:00 am Th VLSC \$36(R)/\$54(N) 5 wk starts 8/5

YOGA GENTLE

(1.5hr) Adult. This slower paced, restorative class is designed to focus on breathing, relaxation and gentle stretching. All levels welcome.

Instructor: Kayatt

80600 9:00 am Tu,Th GRSC \$106(R)/\$159(N) 10 wk starts 6/1

80601 8:30 am W GRSC \$57(R)/\$86(N) 10 wk starts 6/2

80604 8:30 am F GRSC \$57(R)/\$86(N) 10 wk starts 6/4

PERFORMING ARTS

GUITAR

(45min) 15yrs & up. This easy, speed learning course will actually have you playing and singing songs after the first session! Chord strums & fundamental music training will apply to all types of music. Guitars can be rented from your local music store. Six string guitars only. **Instructor: Roe**

BEGINNING

| | | | | | |
|-------|---------|----|------|-----------------|------------------|
| 80419 | 7:30 pm | M | CHES | \$59(R)/\$89(N) | 11 wk starts 6/7 |
| 80420 | 6:00 pm | Tu | CHES | \$59(R)/\$89(N) | 11 wk starts 6/8 |

INTERMEDIATE - This course is designed for people who already are familiar with guitar.

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|-------|---------|----|------|-----------------|------------------|
| 80421 | 7:00 pm | Tu | CHES | \$59(R)/\$89(N) | 11 wk starts 6/8 |
|-------|---------|----|------|-----------------|------------------|

PIANO/KEYBOARD - TEEN/ADULT LEVEL 1

(1hr) 13yrs & up. This unique award winning method teaches keyboard skills on real songs you know and love! The program uses brilliantly conceived visual tools that show students how music works. Learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Keyboards are provided for each student for classroom use; and all music materials are included at no extra charge. This course is not available for fee assistance.

Instructor: Elements Music Staff

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|-------|---------|---|------|-------------------|-----------------|
| 80463 | 6:30 pm | W | HRZN | \$116(R)/\$174(N) | 6 wk starts 6/2 |
|-------|---------|---|------|-------------------|-----------------|

PERSONAL DEVELOPMENT

DOG OBEDIENCE

(1hr) 15yrs & up. For dogs and puppies 4 months and up. For your pets safety, dogs should be fully vaccinated. You will need a 6 foot training leash and collar, water and water dish for you and your dog and small training treats for class. Class covers all basic commands: heel, sit, down, come and stay with both correction and reward based techniques. Behavioral problems will be discussed.

Instructor: Strauss

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|-------|---------|---|------|-----------------|------------------|
| 80379 | 7:30 pm | W | ELDO | \$43(R)/\$65(N) | 6 wk starts 6/2 |
| 80382 | 7:30 pm | W | ELDO | \$43(R)/\$65(N) | 6 wk starts 7/21 |

SAFETY CLASSES

1 day workshops offered by Scottsdale Fire Department Staff

CHILDCARE AND BABYSITTER SAFETY

(6.5hr) 12-17yrs. If you are wanting to provide child and infant care, this is the class for you. The program discusses the importance of responsibility, teaches you to recognize an emergency and take the correct action. You will hear about personal safety, fire and water safety and basic first aid and choking management.

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|-------|---------|----|-----|------|------------------|
| 82077 | 8:30 am | Sa | SFD | \$37 | workshop on 6/19 |
|-------|---------|----|-----|------|------------------|

BASIC CPR AND AED

(4hr) 14yrs & up. Learn how to perform CPR and use an Automated External Defibrillator (AED). Instruction will include CPR on infants, children and adults. Class is not for healthcare providers.

| | | | | | |
|-------|---------|----|-----|------|------------------|
| 80356 | 8:30 am | Sa | SFD | \$32 | workshop on 7/10 |
|-------|---------|----|-----|------|------------------|

FIRST AID

(4hr) 14yrs & up. This class will teach you how to provide basic first aid to children and adults. If you are a parent, grandparent or your job would benefit from first aid training (teacher, bus driver etc.) this class is for you. Class does not include CPR training.

| | | | | | |
|-------|---------|----|-----|------|-----------------|
| 80394 | 8:30 am | Sa | SFD | \$40 | workshop on 8/7 |
|-------|---------|----|-----|------|-----------------|



PERSONAL DEVELOPMENT AT SENIOR CENTERS

BRIDGE

Sign up to learn the challenging game of Bridge. This enjoyable card game will stimulate your mind. The game involves four players, paired off, and each player must read his or her partner's strategy by closely following what is played. Encourage your mind to stay active with this fun class.

BEGINNING - (2hr) Adult. Learn the fundamentals of bridge. Course includes instruction and hands on play.

Instructor: Remick (2hr)

| | | | | | |
|-------|---------|----|------|-----------------|-----------------|
| 80504 | 8:30 am | Sa | VLSC | \$40(R)/\$60(N) | 8 wk starts 6/5 |
|-------|---------|----|------|-----------------|-----------------|

Instructor: Harris (2.5hr)

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|-------|---------|---|------|------------------|------------------|
| 80506 | 9:00 am | M | GRSC | \$76(R)/\$114(N) | 10 wk starts 6/7 |
|-------|---------|---|------|------------------|------------------|

INTERMEDIATE- This class is a continuation of the beginning class where conventions and bidding is covered further.

Instructor: Davis (2hr)

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|-------|---------|---|------|-----------------|------------------|
| 80508 | 6:00 pm | M | VLSC | \$48(R)/\$72(N) | 10 wk starts 6/7 |
|-------|---------|---|------|-----------------|------------------|

Instructor: Harris (2.5hr)

| | | | | | |
|-------|---------|---|------|------------------|------------------|
| 80510 | 9:00 am | W | GRSC | \$76(R)/\$114(N) | 10 wk starts 6/9 |
|-------|---------|---|------|------------------|------------------|

ADVANCED - Answers to questions about all phases of bridge. Extend the bidding and play of the hand to become an accomplished competitor.

Instructor: Davis (2hr)

| | | | | | |
|-------|---------|----|------|-----------------|------------------|
| 80502 | 1:00 pm | Tu | VLSC | \$48(R)/\$72(N) | 10 wk starts 6/8 |
|-------|---------|----|------|-----------------|------------------|

POCKET BILLIARDS

(2hr) Adult. This class is for beginners and intermediate players. Learn or refresh the fundamentals of pool with proper stance, bridging, grip, stroke (vs. poke) and aiming. Analyze equipment quality and its impact on consistent play. Review the current rules of 8-Ball, 9-Ball and Straight Pool. Understand the basics of cueball control and position play through the use of proper English. Study & practice (stun, follow, draw, cut, deflection, squirt, curve, collision and spin induced throw, masse, jump, carom, billiard, etc.) Finish the course with a student tournament.

Instructor: Wolff

80567 10:00 am Th VLSC \$7 (R)/\$7 (N) 10 wk starts 6/3



Classes that promote a healthy lifestyle



Parent and child class requires adult participation



TOT CLASSES

BALLET AND JAZZ



(45min) Combination class to include floor work, fun creative movement, and short jazz and ballet routines will be taught. All children must be potty trained and not wearing diapers or pull ups to participate in class. **Instructor: Berry**

3-4 YR OLDS

80347 5:00 pm Tu MTNV \$35 (R)/\$53 (N) 7 wk starts 6/1

4-5 YR OLDS

80349 6:00 pm Tu MTNV \$35 (R)/\$53 (N) 7 wk starts 6/1

80350 5:00 pm W MTNV \$31 (R)/\$47 (N) 6 wk starts 6/9

DANCE CRAZE



(45min) 3-5yrs. A fun mix of fun dance inspired games. The class promotes creative movement and expression through dance. Perfect for all levels. Dance games include freeze dance, dance off, around the world, hi-low and show off. Not available for fee assistance. **Instructor: NRG Dance Staff**

80374 3:00 pm Tu CACT \$40 (R)/\$60 (N) 6 wk starts 6/8

80375 3:00 pm Tu CACT \$40 (R)/\$60 (N) 6 wk starts 7/27

FUN SPORTS CAMP



(2.5hr) 4-6yrs. The program offers kids a fun filled morning including basic skill development and organized games in several sports - soccer, basketball, hockey, football, baseball - and will also include some of their favorite games like dodge ball, kick ball, agility exercises and more. A bathing suit will be handy for the special "Cool Off" water games. Plenty of drinks and a healthy treat will be provided each day. **Instructor: Whynot**

82367 8:30 am M-F CHES \$110 (R)/\$165 (N) workshop starts 6/7

GET READY FOR PRESCHOOL!



(45mins) 36-48months & Parent/Caregiver. It's a big world out there, and your pre-preschoolers are eager to learn all about it! Come join us for hands-on learning and social skill building in our pre-preschool class. This class is filled with meaningful and fun activities. Your child will build their language skills, explore numbers and shapes, sing songs, recognize letters, and develop their fine and gross motor skills. They will gain emotional skills to help them become confident and independent to begin preschool on their own. \$5 nonrefundable cash supply fee due to instructor on the first day of class. **Instructor: Abeler**

80401 9:00 am W CHEY \$35 (R)/\$58 (N) 6 wk starts 6/16

LITTLE STARS

(45min) 3-6yrs. This class combines music, movement, play acting and theatre games. A perfect introduction to theatre with a bit of fun thrown in!

Instructor: O'Shea

82255 10:30 am Tu CACT \$42 (R)/\$63 (N) 6 wk starts 6/1

82257 9:30 am Tu HRZN \$42 (R)/\$63 (N) 6 wk starts 7/27

MINI DOODLERS

(45min) 3-5yrs. Our Mini Doodlers gleefully create their own unique masterpieces. Lessons are carefully designed to ignite the imagination, foster creativity and develop new skills. Each lesson provides new experiences with paints, watercolors, pastels and other creative tools and materials. This program is not available for fee assistance. **Instructor: Abrakadoodle**

80459 10:00 am Th RIMO \$86 (R)/\$129 (N) 7 wk starts 7/22

POM & CHEER



(45min) 3-5yrs. Improve coordination and flexibility while learning: Cheers, Chants, Jumps, Motions, Formations, Technique and Basic Stunting. Each class will learn different cheers to be shown on the last day of class. Pom-Pom's will be supplied. **Instructor: NRG Dance Staff**

82424 4:15 pm Th MTNV \$40 (R)/\$60 (N) 6 wk starts 6/3

82425 4:00 pm Th CHES \$40 (R)/\$60 (N) 6 wk starts 7/22

SOCCER FOR KIDS

(45min) Classes will introduce children to stretching, passing, dribbling, and basic elements of team spirit. Children will have fun exercising, making new friends and learning basic soccer skills. Children play non-competitive games. This program is not available for fee assistance.

2-3yrs & Parent/Caregiver  Must actively participate with child

Instructor: Hatfield

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|-------|---------|---|------|-----------------|-----------------|
| 80612 | 8:00 am | F | MTNV | \$57(R)/\$86(N) | 6 wk starts 6/4 |
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|-------|---------|---|------|-----------------|-----------------|
| 80613 | 9:00 am | F | MTNV | \$57(R)/\$86(N) | 6 wk starts 6/4 |
|-------|---------|---|------|-----------------|-----------------|

Instructor: Whynot

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|-------|---------|----|------|-----------------|-----------------|
| 80614 | 9:00 am | Sa | AGLP | \$57(R)/\$86(N) | 6 wk starts 6/5 |
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4-6 yrs

Instructor: Whynot

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|-------|----------|----|------|-----------------|-----------------|
| 80618 | 10:00 am | Sa | AGLP | \$57(R)/\$86(N) | 6 wk starts 6/5 |
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|-------|----------|----|------|-----------------|------------------|
| 80621 | 10:00 am | Sa | AGLP | \$57(R)/\$86(N) | 6 wk starts 7/17 |
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Instructor: Hatfield

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| 80619 | 8:30 am | M | CACT | \$57(R)/\$86(N) | 6 wk starts 6/7 |
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| 80620 | 9:30 am | M | CACT | \$57(R)/\$86(N) | 6 wk starts 6/7 |
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SPORTS CLASS FOR KIDS

(45min) 2-3yrs & Parent/Caregiver. Parents can join their children when they learn the basic skills in several sports - soccer, basketball, field hockey, and T-ball. Additional age appropriate games are also included that will keep the kids moving and laughing. A bathing suit will be handy for the special "Cool Off" water games at the end of each session. **Instructor: Whynot**

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|-------|---------|----|------|-----------------|------------------|
| 82366 | 9:00 am | Sa | AGLP | \$57(R)/\$86(N) | 6 wk starts 7/17 |
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STORIES AND CRAFTS

(45min) 30months-4yrs & Parent/Caregiver. Developing imagination in children is essential through story-time. Each week we will travel into a new new book learning new words, phrases, and building language skills. We will make a fun and creative craft that relates to our story each week that the students can take home and share. Watch your child artistic side develop and blossom! \$20 nonrefundable cash supply fee due to instructor on the first day of class.

Instructor: Abeler

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|-------|----------|---|------|-----------------|------------------|
| 80628 | 10:00 am | M | CHEY | \$35(R)/\$58(N) | 6 wk starts 6/16 |
|-------|----------|---|------|-----------------|------------------|

TOT BALLET

(45min) This dance class is about learning to nurture creativity in movement. Developing coordination and promoting self-esteem along with basic positions and terminology are the building blocks of this class. **Instructor: Martin**

3-4YRS

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|-------|---------|----|------|-----------------|-----------------|
| 80642 | 4:15 pm | Th | HRZN | \$31(R)/\$47(N) | 7 wk starts 6/3 |
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| 80644 | 4:15 pm | Th | HRZN | \$31(R)/\$47(N) | 7 wk starts 7/22 |
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4-5YRS

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|-------|---------|----|------|-----------------|-----------------|
| 80643 | 5:00 pm | Th | HRZN | \$31(R)/\$47(N) | 7 wk starts 6/3 |
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|-------|---------|----|------|-----------------|------------------|
| 80645 | 5:00 pm | Th | HRZN | \$31(R)/\$47(N) | 7 wk starts 7/22 |
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TOT TAP

(45min) This dance class is about learning to nurture creativity in movement. Developing coordination and promoting self-esteem along with learning basic positions and terminology are building blocks of this class. **Instructor: Martin**

3-4YRS

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|-------|---------|----|------|-----------------|-----------------|
| 80646 | 4:15 pm | Tu | HRZN | \$28(R)/\$42(N) | 6 wk starts 6/1 |
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| 80648 | 4:15 pm | Tu | HRZN | \$28(R)/\$42(N) | 6 wk starts 7/20 |
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4-5YRS

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|-------|---------|----|------|-----------------|-----------------|
| 80647 | 5:00 pm | Tu | HRZN | \$31(R)/\$47(N) | 7 wk starts 6/1 |
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|-------|---------|----|------|-----------------|------------------|
| 80649 | 5:00 pm | Tu | HRZN | \$31(R)/\$47(N) | 7 wk starts 7/20 |
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TUMBLING

(45min) 3-4yrs. This class is a great introduction into basic tumbling. Learn the basic tumbling moves like front rolls, cartwheels, donkey kicks, bridges and back rolls. This class is a great way or children to exert some energy in a fun structured environment! Not available for Fee Assistance.

Instructor: NRG Dance staff

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|-------|---------|----|------|-----------------|-----------------|
| 80654 | 4:45 pm | Tu | MMRA | \$40(R)/\$60(N) | 6 wk starts 6/8 |
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| 80656 | 5:45 pm | Tu | MMRA | \$40(R)/\$60(N) | 6 wk starts 6/8 |
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| 80652 | 4:45 pm | Th | MMRA | \$40(R)/\$60(N) | 6 wk starts 6/10 |
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|-------|---------|----|------|-----------------|------------------|
| 80655 | 4:45 pm | Tu | MMRA | \$40(R)/\$60(N) | 6 wk starts 7/27 |
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|-------|---------|----|------|-----------------|------------------|
| 80657 | 5:45 pm | Tu | MMRA | \$40(R)/\$60(N) | 6 wk starts 7/27 |
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|-------|---------|----|------|-----------------|------------------|
| 80653 | 4:45 pm | Th | MMRA | \$40(R)/\$60(N) | 6 wk starts 7/29 |
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TWOOSY DOODLERS

(45min) 20-36 months & Parent/Caregiver. Our Twoosy Doodlers use creative materials, including paint, textures, papers, glues, and modeling compounds, that produce giggles along with unique squiggles. Developmentally appropriate lessons help the children acquire new skills while exploring through play. Register under child's name. This class is designed for Parent & Child interaction. Only children who are registered for this class may attend. One registered child per adult. This course is not available for fee assistance.

Instructor: Abrakadoodle Staff

80660 9:00 am Th RIMO \$86(R)/\$129(N) 7 wk starts 7/22

WORLD BEATS

(45min) 3-5yrs & parent/caregiver. This movement class introduces children to various styles of dance from around the world. Some of the beats we will explore include Latin sounds (Cha-Cha, Merengue, Samba), Classical Music (Waltz, Tango), African Drums, Island Music, Hip-Hop, Bollywood and some Ethnic Middle Eastern rhythms. The goal is to familiarize children with the distinct sound of each style and give them a chance to explore how different beats affect their body movement. This is a fun filled 'play around with music' class that required no dance background. **Instructor: Stiftel**

82105 10:30 am Tu MMRA \$32(R)/\$48(N) 8 wk starts 7/6

YOUTH CLASSES

ART MASTERS DRAWING CLASS

(1hr) 7-13 yrs. This class is for students who are interested in developing intermediate art techniques including portraiture, perspective, as well as art history. The lessons take the student beyond our standard elementary lessons but will still follow the same step-by-step Young Rembrandts drawing method to ensure success in their work. Lots to learn but lots of fun as we reproduce some famous or not-so-famous artists work and explore how art comes in all sorts of different forms. This is a 'no mess' class. Paint, clay, pastels, etc. will not be used. All materials provided. This class is not available for fee assistance.

Instructor: Young Rembrandts Staff

80344 5:30 pm W MTNV \$69(R)/\$103(N) 7 wk starts 6/23

CARTOON DRAWING

(1hr) 6-12 yrs. All cartoonists are eager to create their own unique cartoon characters. We start the process by drawing silly Young Rembrandts designed characters as students learn to focus on movement and action lines, facial expressions and even sequences that tell jokes (all age appropriate). Our cartoon classes follow the same quality, step-by-step Young Rembrandts drawing method but with the fun of cartooning. We produce lots of drawings in this fast paced class. All materials provided. This class is not available for fee assistance.

Instructor: Young Rembrandts Staff

82191 5:30 pm M HRZN \$69(R)/\$103(N) 7 wk starts 6/7



BALLET AND JAZZ

(45min) 5-6yrs. Combination class to include floor work, fun creative movement and short jazz and ballet routines will be taught. **Instructor: Berry**

80353 6:30 pm W MTNV \$31(R)/\$47(N) 6 wk starts 6/9

CHESS BEGINNING

(1.5hr) 8-12yrs. Even beginners who don't know the moves will be given instruction in the best and worst moves to make at the very start of their games. Those who know how the pieces move will learn the best openings for beginners who don't like losing quickly, and those who have played before will quickly get better...but regardless of their knowledge, they will leave the class knowing that this wonderful game has lasted through the centuries because it is simply the greatest game ever! **Instructor: Berosh**

82434 1:00 pm W CHEY \$28(R)/\$42(N) 5 wk starts 7/14

DOODLERS

(1hr) 5-12yrs. Our Doodlers develop new skills and talents while designing unique creations using a variety of wonderful tools and materials. Each lesson introduces techniques and artistic styles. Contemporary and master artists specializing in paint, sculpture, fabric, design and more are featured. Children develop skills and confidence, while having a blast! This program is not available for fee assistance.

Instructor: Abrakadoodle Staff

80383 5:00 pm Th HRZN \$86(R)/\$129(N) 7 wk starts 7/22

ELEMENTARY DRAWING

(1hr) 6-12yrs. Children have fun learning how to draw, the fundamental skill of all visual arts, using our unique Young Rembrandts step-by-step method which enables students to be successful regardless of artistic ability. The results are amazing drawings and skills to express their creativity that will last a lifetime. This is a great class for beginning artists, for those who want to improve their drawing skills and for all who love to draw! Lessons from previous years are not repeated. New and returning students welcome All materials included in the class price. This class is not available for fee assistance. **Instructor: Young Rembrandts**

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|-------|---------|----|------|------------------|-----------------|
| 80393 | 5:30 pm | Th | ELDO | \$69(R)/\$103(N) | 7 wk starts 6/3 |
|-------|---------|----|------|------------------|-----------------|

GOLF - JUNIOR GOLF LESSONS

(1hr) 7-12yrs. Class will be taught by P.G.A. Professional staff. Instruction will include fundamentals, swing drill, full swing and short game instruction. Clubs and practice balls are available during class time, but please bring your own clubs if you have them. This class is not available for fee assistance.

Instructor: Coronado Golf Staff

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|-------|----------|----|-----|------------------|-----------------|
| 80406 | 10:30 am | Sa | CGC | \$95(R)/\$143(N) | 4 wk starts 6/5 |
| 80407 | 10:30 am | Sa | CGC | \$95(R)/\$143(N) | 4 wk starts 8/7 |

GUITAR FOR YOUTH

(45min) 10-14yrs. Get into the beat and have fun playing one of the most popular instruments of today! Designed for the young Guitarist to play and sing songs they know. Music basics are learned through fun and games; music training will apply to all types of music. Guitars can be rented from music store.

Instructor: Roe

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|-------|---------|----|------|-----------------|------------------|
| 80422 | 5:30 pm | M | CHES | \$59(R)/\$89(N) | 11 wk starts 6/7 |
| 80423 | 5:00 pm | Tu | CHES | \$59(R)/\$89(N) | 11 wk starts 6/8 |

INTERMEDIATE

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|-------|---------|---|------|-----------------|------------------|
| 80424 | 6:30 pm | M | CHES | \$59(R)/\$89(N) | 11 wk starts 6/7 |
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HIP HOP DANCE ★

(1hr) 6-12yrs. All the latest Hip Hop dance moves to your favorite music. Kids will love the dynamic music and the opportunity to build velveteen while staying fit. Kids will have fun learning a cool Hip Hop routine that will be showcased on the last day. Great for boys and girls. Not available for fee assistance.

Instructor: NRG Dance Staff

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|-------|---------|----|------|-----------------|------------------|
| 80428 | 4:00 pm | Tu | CACT | \$40(R)/\$60(N) | 6 wk starts 6/8 |
| 80429 | 4:00 pm | Tu | CACT | \$40(R)/\$60(N) | 6 wk starts 7/27 |

JR. GOLF CAMP @ TPC IN SCOTTSDALE

(3.5hr, 5 day) 7-17yrs. This 5 day camp, taught by the TPC Scottsdale TOUR Academy golf staff, will cover every facet of the game including long game, short game, on course instruction, as well as rules and etiquette. At the TOUR Academy, our focus is making sure each junior golfer is exposed to the fun of the game and that they enjoy their experience. This course is not available for fee assistance. **Instructor: TPC Staff**

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|-------|---------|-----|-----|-------------------|------------------|
| 82359 | 8:30 am | M-F | TPC | \$255(R)/\$255(N) | Camp starts 6/7 |
| 82360 | 8:30 am | M-F | TPC | \$255(R)/\$255(N) | Camp starts 6/14 |
| 82364 | 8:30 am | M-F | TPC | \$255(R)/\$255(N) | Camp starts 6/21 |
| 82370 | 8:30 am | M-F | TPC | \$255(R)/\$255(N) | Camp starts 6/28 |

KIDS ON CANVAS

(1hr) 6-12yrs. Kids on Canvas will work with acrylic paints and canvas board, stretched canvas and canvas paper. Each lesson is specially designed to allow kids to explore the techniques and styles of great artists while developing their own unique styles! This course is not available for fee assistance.

Instructor: Abrakadoodle staff

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|-------|----------|----|------|------------------|------------------|
| 80454 | 10:00 am | Sa | HRZN | \$86(R)/\$129(N) | 7 wk starts 7/24 |
|-------|----------|----|------|------------------|------------------|

POM & CHEER ★★

(45min) 6-12yrs. Improve coordination and flexibility while learning: Cheers, Chants, Jumps, Motions, Formations, Technique and Basic Stunting. Each class will learn different cheers to be shown on the last day of class. Pom-Pom's will be supplied. **Instructor: NRG Dance Staff**

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|-------|---------|----|------|-----------------|------------------|
| 82426 | 5:15 pm | Th | MTNV | \$40(R)/\$60(N) | 6 wk starts 6/3 |
| 82427 | 5:00 pm | Th | CHES | \$40(R)/\$60(N) | 6 wk starts 7/22 |

PIANO/KEYBOARDING - LEVEL 1

(1hr) 6-12yrs. Your child will learn to play favorite songs in the first few lessons! Whether it's the Jonas brothers or JS Bach, Spongebob or Chopin, Hanna Montana or Mozart, Elements has it covered! Elements gives your child the best chance to have a successful start on the piano keyboard. Elements offers a solid, comprehensive method that teaches note reading, chords, counting and all the basic skills needed to play ALL the music from class. These courses are not available for fee assistance. **Instructor: Elements Music Staff**

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|-------|---------|----|------|-------------------|-----------------|
| 80464 | 9:00 am | Sa | HRZN | \$116(R)/\$174(N) | 6 wk starts 6/5 |
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TUMBLING ★

(45min) 5-6yrs. This class is a great introduction into basic tumbling. Learn the basic tumbling moves like front rolls, cartwheels, donkey kicks, bridges and back rolls. This class is a great way or children to exert some energy in a fun structured environment! Not available for Fee Assistance.

Instructor: NRG Dance Staff

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|-------|---------|----|------|-----------------|------------------|
| 80658 | 5:45 pm | Th | MMRA | \$40(R)/\$60(N) | 6 wk starts 6/10 |
| 80659 | 5:45 pm | Th | MMRA | \$40(R)/\$60(N) | 6 wk starts 7/29 |

WUSHU KUNG FU ★

(45min) Chinese Wushu Kung Fu Program offers a fun and exciting way to learn Chinese Kung Fu. Your child will develop a healthy lifestyle of fitness and wellness through dedication and perseverance to this contemporary Chinese Sport. Kung Fu teaches courtesy, focus, respect, goal setting, anger management and safety. Most importantly, your child will gain confidence, learn leadership skills and have FUN! Course emphasizes basic techniques and short forms. A fun and fresh workout designed for all ages. **Instructor: World Martial Arts**

4-7yrs -Little Dragons

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|-------|---------|---|------|------------------|------------------|
| 80665 | 4:00 pm | M | MMRA | \$69(R)/\$103(N) | 6 wk starts 6/7 |
| 80668 | 4:00 pm | M | MMRA | \$69(R)/\$103(N) | 6 wk starts 7/26 |

6-12yrs

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|-------|---------|----|------|------------------|------------------|
| 80664 | 4:00 pm | Th | CACT | \$69(R)/\$103(N) | 6 wk starts 6/10 |
| 80667 | 4:00 pm | Th | CACT | \$69(R)/\$103(N) | 6 wk starts 7/29 |



Youth Workshops

CHARGED UP!

(1hr) 8-13yrs. Participants discover the basic principles of electricity through the use of energy balls, the Van deGraf generator, and hands-on challenges with insulators and conductors, and circuit boards.

Instructor: Arizona Science Center Staff

80367 1:00 pm Sa HRZN \$25(R)/\$38(N) workshop on 7/17

CHEF TIME! COOKING FOR KIDS

Instructor: McWhirter (1hr)

4TH OF JULY FAIRE

Hotdogs, fruit salad, 4th of July decorated cupcakes/cake and homemade ice cream are kids favorites for the 4th of July. Your child can practice making this festive food prior to the fourth, just in time for them to make your bbq come alive.

80368 5:00 pm Th CHAP \$35(R)/\$53(N) workshop on 7/1

COOKS WITH BOOKS

Children love to be read to and love books about food. This class will incorporate both of these concepts as we will first read a book together and then prepare one or two foods related to the literature. This book camp will expand your child's mind first through literature and then by "reading recipes." All supplies included in the cost of the class.

80369 9:00 am M-Th CHEY \$117(R)/\$176(N) workshop on 6/7

GROSSOLOGY

Food can be delightfully "gross" and edible at the same time... just ask any kid! Your child will enjoy making four different "gross" recipes in this workshop, including such items as a "soured milkshake," and the infamous "mud" filled with wiggly worms.

80370 5:00 pm W HRZN \$35(R)/\$53(N) workshop on 7/14

AN INTERNATIONAL FLAIR FOR COOKING

Each week have your child travel to a different part of the world to experience the cuisine of another country! Not only will your child learn a little bit about the country, but they will prepare two dishes at each session from four different countries. Expand your child's taste buds and cooking skills.

82369 5:00 pm Th MTNV \$117(R)/\$176(N) 4 wk starts 8/12

CHEMYSTERIES

(1hr) 7-12yrs. Students encounter fundamental chemical principles as they investigate the mysterious changes that occur when various solids, liquids, and powders are mixed. **Instructor: Arizona Science Center Staff**

80371 1:00 pm Sa HRZN \$25(R)/\$38(N) workshop on 8/14

INTRODUCTION TO ETIQUETTE

(1hr) Table Etiquette, Proper Grammar, Kindness towards others; the Proper way to interrupt an Adult, Speaking Up! and, Meeting and Greeting are the main focuses in this class. Children will use hands-on activities and role playing to imbue the importance of these life skills. Lots of fun will be had by all and Moms and Dads will be surprised at how quiet the dinner hour can be! Co-Ed. These courses are not available for fee assistance. **Instructor: Mrs. Hancock's Staff**

KINDER-QUETTE 4-6YRS

80442 1:00 pm Sa HRZN \$29(R)/\$44(N) workshop on 6/12

80440 11:00 am Sa HRZN \$29(R)/\$44(N) workshop on 8/7

MANNER MATTER 7-12YRS

80443 2:30 pm Sa HRZN \$40(R)/\$60(N) workshop on 6/12

80441 12:30 pm Sa HRZN \$40(R)/\$60(N) workshop on 8/7

TEEN JEWELRY MAKING WORKSHOP

12-17yrs. **Instructor: Berger-Taylor**

BAND RING WORKSHOP

(3hr) Learn the secrets of the bench jeweler! In this 2 day workshop learn to texture, stamp and solder copper sheet to create band rings. We will also learn to oxidize our creations to enhance the designs. Come and have some fun and play with fire! (Safely of course!) Kits will be available to purchase the first day of class with prices varying from \$25 not to exceed \$30 depending on the cost of metal a week prior to start date.

82420 1:30 pm Sa ELDO \$30(R)/\$45(N) 2 wk starts 6/5

EGYPTIAN SPIRAL BRACELET WORKSHOP

(3hr) Learn to make a fabulous chain Cleopatra would have worn. You will use pliers to learn to shape, coil and connect copper or silver wire to make this incredible bracelet. Kits will be available to purchase the first day of class with prices varying from \$25 not to exceed \$50 depending on the cost of metal a week prior to start date.

82421 1:30 pm Sa ELDO \$30(R)/\$45(N) 2 wk starts 6/19

EARRING EXTRAVAGANZA WORKSHOP

(3hr) Learn to create 3 pairs of copper and sterling silver earrings. You will learn to texture, stamp and shape metal. We will also learn basic wire wrapping to suspend a bead or metal shape. We will learn to create our own earwires to complete our earrings. Don't miss out on a great time! Kits will be available to purchase the first day of class with prices varying from \$25 not to exceed \$35 depending on the cost of metal a week prior to start date.

82422 1:30 pm Sa ELDO \$30(R)/\$45(N) 2 wk starts 7/10

COPPER PENDANT WITH 2-IN-2 CHAIN WORKSHOP

(4hr) Learn to texture and stamp copper sheet and wire to create a one-of-a-kind copper pendant. Using jump rings we will form the neckpiece to suspend our creation. We will learn to make a toggle to complete our project. Kits will be available to purchase the first day of class with prices varying from \$25 not to exceed \$35 depending on the cost of metal a week prior to start date.

82423 1:30 pm Sa ELDO \$37(R)/\$56(N) 2 wk starts 7/24

LEGO ENGINEERING

(1hr) 6-10yrs. Explore the creative world of design and imagination with Legos. This class will challenge your future engineer to build and create. This is a fun-filled class that encourages hands-on tactile learning and promotes teambuilding. Have fun while learning science and math. Join the Lego craze today!

Instructor: Taylor

82258 4:15pm M-Th HRZN \$41(R)/\$62(N) 2 wk starts 6/7

OUTDOOR RECREATION CLASSES

GOLF INSTRUCTION - FULL SWING BASICS

(1hr) 13yrs & up. This program will concentrate on the fundamentals necessary to achieve consistency and confidence on Tee Shots and Fairway Advancement Shots. Class discussion will include proper placement and pressure of the hands; posture, aim, alignment and swing drills. Clubs and practice balls are available during class time, but please bring your own clubs if you have them. P.G.A. Professional staff at Coronado Golf Course and the Tournament Players Club (TPC) will offer classes. Please wear collard shirts and no denim. These courses are not available for fee assistance. **Instructor: TPC Staff**

80408 7:00 am Sa TPC \$117(R)/\$117(N) 5 wk starts 6/5

80409 7:00 am Su TPC \$117(R)/\$117(N) 5 wk starts 6/6

80410 8:10 am Su TPC \$117(R)/\$117(N) 5 wk starts 7/18

GOLF INSTRUCTION - FULL SWING/SHORT GAME

(1hr) 13yrs & up. This program will concentrate on the fundamentals necessary to achieve consistency and confidence on Tee Shots and Fairway Advancement Shots and Short Game Scoring shots such as putting, chipping, pitching, bunker play and wedge shots. Class discussion will include proper placement and pressure of the hands; posture, aim, alignment and swing drills. Clubs and practice balls are available during class time, but please bring your own clubs if you have them. Please wear collard shirts and no denim. These courses are not available for fee assistance. **Instructor: Coronado Golf Staff**

80411 9:00 am Sa CGC \$95(R)/\$143(N) 4 wk starts 6/5

80412 9:00 am Sa CGC \$95(R)/\$143(N) 4 wk starts 8/7

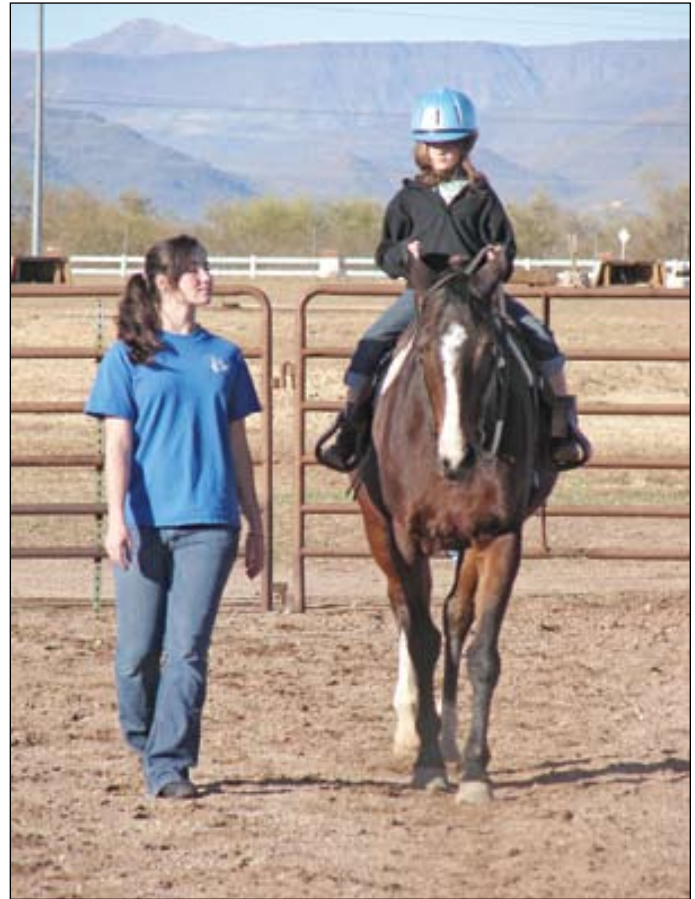
GOLF INSTRUCTION - SHORT GAME

(1hr) 13yrs & up. 60-70% of a golfers score happens from 100 yards and in. This course will familiarize you with the 'scoring shots.' Putting, chipping, pitching, bunker and overall wedge play will be featured with an eye towards improving your long game. Professional staff at Coronado Golf Course and the Tournament Players Club (TPC) will offer classes. Learn the game 'from the putting green to the tee.' All skill levels are welcomed. Clubs and practice balls are available during class time, but please bring your own clubs if you have them. These courses are not available for fee assistance. **Instructor: TPC Staff**

80413 8:10 am Sa TPC \$117(R)/\$117(N) 5 wk starts 6/5

80414 7:00 am Su TPC \$117(R)/\$117(N) 5 wk starts 7/18

80415 8:10 am Su TPC \$117(R)/\$117(N) 5 wk starts 6/6



HORSEMANSHIP SKILLS CLASSES

(1.5hr) This exciting class is a complete and comprehensive lesson program. All JFSH instructors are certified instructors. Emphasis is on a safety first approach to learning practical ground work (grooming and saddling) as well as the basic control in either English or Western riding. Mandatory safety helmet is provided for use. These courses are not available for fee assistance.

Instructor: Joni Fitts School of Horsemanship

HORSEMANSHIP SKILLS I – FAMILY CLASS 7YRS & UP

82342 5:30 pm Sa, Su PPEC \$222(R)/\$333(N) 2 wk starts 6/5

82327 7:00 am M, F PPEC \$222(R)/\$333(N) 2 wk starts 7/12

FOR 16YRS & UP

82339 7:00 pm Sa, Su PPEC \$222(R)/\$333(N) 2 wk starts 6/5

82330 8:30 am M, F PPEC \$222(R)/\$333(N) 2 wk starts 7/12

HORSEMANSHIP SKILLS II- Class is a continuation of Horsemanship Skills I.

FAMILY CLASS 7YRS & UP

82344 5:30 pm Sa, Su PPEC \$222(R)/\$333(N) 2 wk starts 8/14

FOR 16YRS & UP

82346 7:00 pm Sa, Su PPEC \$222(R)/\$333(N) 2 wk starts 8/14